

COLCHESTER PARKS & RECREATION FALL 2019 ACTIVITY GUIDE

September • October • November • December



colchestervt.gov/recreation
802-264-5640

"Optimizing the Experience of Living"





GENERAL INFORMATION

TABLE OF CONTENT

Special Events 4

Preschool 5 - 6

Youth & A.C.E. 7

Youth 8 - 12

Youth Basketball (CYBL) 13 - 14

Teen & Safety 15

Adults 16 - 20

Active Generation 20 - 21

Parks 22

WHY GOOD PROGRAMS ARE CANCELLED

Nothing cancels a program faster than everyone waiting until the last minute to register. There are certain deadlines that are set in deciding whether a program will run or be cancelled. Typically these decisions are made 3-5 days prior to the program beginning... so register early!

OFFICE INFORMATION

Location: 781 Blakely Road
Colchester, VT 05446
Telephone: 802-264-5640
Fax Number: 802-264-5647
Website: colchestervt.gov/recreation
Office Hours: Monday - Friday,
7:30 am - 4:30 pm

OBSERVED HOLIDAYS (office closed)

September 2: Labor Day
November 11: Veterans' Day
November 28 & 29 : Thanksgiving Holiday
December 24: Christmas Eve (close at 11:30 am)
December 25: Christmas
December 31: New Years Eve (close at 11:30 am)
January 1: New Years Day

METHODS OF PAYMENT

We accept VISA & MASTERCARD credit cards, checks and cash.

CANCELLATIONS & REFUNDS

Programs that do not meet the minimum number of registrations may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested refunds are only available up to 10 business days prior to the start of the program with a \$6.00 administrative fee. This applies to transfers as well.

ONLINE REGISTRATION

Now you can register 24/7 online! Registration can be made as soon as you receive this brochure. For step by step directions, log on to our website at colchestervt.gov/Recreation

PICTURE WAIVER

By participating in a Town of Colchester Recreation program, participants may be photographed for future publications or recognition of events. By signing up for a program, you are willingly signing a waiver that grants the Colchester Recreation Department permission to use your photo to promote programs. Pictures taken may be used up to 10 years after the photo was taken. If you do not wish to have your picture taken, please notify the staff prior to the activity.

SPECIAL NEEDS

We do our best to accommodate those with special needs. With a few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

NON-RESIDENTS

Non residents may register for any programs offered, on a space available basis, after September 2, 2019.

NON-RESIDENT SURCHARGE

\$10: Program Fee \$0-\$99
\$20: Program Fee \$100-\$199
\$30: Program Fee \$200+

REC ADVISORY BOARD

Adriane Martin, Chair
Dr. Ruth Blauwikel

Jim Neary
Scott Perren

Dick Pecor, Vice Chair
Julie Hulburd

CATHY NEARY SCHOLARSHIP FUND



It is with great pride that we have named our Scholarship Fund after Cathy Neary who was our Administrative Assistant from 2005 to 2012. In 2014, Cathy lost a courageous 11 year battle with cancer. But throughout those years, she never let it change her lovely personality or her positive attitude.

She was a kind and loving employee who felt that everyone, regardless of their financial situation, should experience the joy of recreation. There were many occasions that Cathy, out of her own pocket, financially assisted families who could not afford their portion of

the scholarship match. Although she is no longer a physical presence in our office, her presence will continue in spirit through this scholarship fund.

PARKS & RECREATION STAFF



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COLCHESTER PARKS & RECREATION “Optimizing the Experience of Living”



A MESSAGE FROM COLCHESTER PARKS & RECREATION DIRECTOR, GLEN CUTTITTA



As the fall approaches, the Parks and Recreation Department will be focused on the reconstruction of the Colchester Causeway. Starting on Tuesday, September 3rd, JP Sica Inc. will be working hard on restoring the Causeway to its condition before the May 4, 2018 storm that destroyed the popular recreation path. They will be bringing in large rock and rebuilding the riding/walking surface. The work will be completed by Memorial Day of 2020. The Causeway will be closed at Mills Point Road until the project is completed. Please respect the closed sign

so that the contractor can focus on the work and not random users sneaking around the fencing.

So as we all transition to the new season of fall, take a moment and try something new, like a paddleboard yoga class. Be sure to have a look at the new programs that we are offering. Do not look at fall as the end of summer but as a new season to experience our programs and parks.

Special thanks to Andrew Newton and his park staff – consisting of Jordan Cota, Josh Thibault, Casey Pecor, Zach Norford, Braden Arnold, Lucas Erbland – who continue to work their magic in the parks. Their hard work and dedication to this community is amazing and make our parks the best in the state. If you get an opportunity to thank these men, please do.

The programming side of our department continues to deliver quality recreational opportunities to the residents of Colchester. Assistant Director, Derek Mitchell, Program Director, Jenn Turmel, Program Coordinators Lee Barrett, Mike LaPan, Kristin Roy, Isaac Spivey and Administrative Assistant, Hannah Sorrell, work as a solid team to make sure that all residents have a positive recreational experience. I am thankful every day that we have such a great group of employees that strive to make Colchester Parks and Recreation the go-to resource for fun, educational programs and community events for all ages!

We are always looking to expand and try something new. If you have any ideas or comments please feel free to contact us and share your thoughts. Remember this fall season to try something new, have fun and stay young!

Yours in Recreation,
Glen Cuttitta, CPRP
Director, Colchester Parks and Recreation Department
gcuttitta@colchestervt.gov
802-264-5641

FIND US ON THE FOLLOWING SOCIAL MEDIA:
@colchesterrec



SPECIAL EVENTS

MOVIES IN THE PARK BAYSIDE PARK: 7:00 P.M.

Friday, September 13

Saturday, October 19

(Family Friendly Halloween Movie!)

All films will be rated either G or PG. Please note that due to film licensing regulations, we cannot print and promote which movie we will screen. You can call our hotline number at 264-5645 to hear the full listing of movies that will be shown this fall!



LETTER FROM SANTA

Want to give your child or a child you know a special gift this year for Christmas? Why not get a letter from Santa himself straight from the North Pole? Submit your child's name and we will contact Santa's elves to have your child's name on Santa's List. Must register by November 15. **ADDITIONAL FORMS NEED TO BE FILLED OUT.**

MAILED OUT: Week of December 9, 2019
REGISTRATION: #105001A
FEE: \$6.00 per letter

DINNER WITH SANTA

December 13, 2019

Santa will once again visit Colchester on his way to the North Pole to get ready for the holiday season! Join Santa and all of the elves in the Colchester Parks & Recreation Department and Colchester Lions Club for a delicious 'breakfast' dinner of pancakes, eggs, and sausage. Don't forget your flashlight for the candy cane hunt too! After dinner, Santa will read you his favorite holiday story. Wear your PJ's if you want! Maximum: 150.

LOCATION: Colchester Middle School, Cafeteria

TIME: 6:15 - 7:15 p.m.

COST: \$10 Adults, \$5 Children, 2 & Under Free

REG. #: 105000A Adults, 105000A1 Children

37TH ANNUAL WINTER CARNIVAL

January 31, February 1 & 2, 2020

Friday kicks off at the High School with a community talent show at 6:30 p.m. On Saturday a wide variety of indoor and outdoor activities and great performances are planned throughout the day. A full listing of activities will be available in January.

If you are interested in becoming a volunteer on the 2019 Winter Carnival Committee contact Colchester Parks & Recreation.

START SMART SOCCER

#188010A

Ages 3 - 5

This program introduces children to soccer without the threat of competition or the fear of getting hurt. This program is fully interactive as kids learn soccer skills like kicking, dribbling, trapping and throw ins through silly games and playing with their peers and parents. Please leave other siblings at home unless supervised by another parent or family member. We ask that parents engage with us during many of our games and activities. Children receive two balls, shin guards and cones. Minimum: 12, Maximum: 15.

Instructor: Colchester Parks & Recreation Staff
Location: Union Memorial School, Fields

9/16-10/2 M&W 5:15-6:00 p.m. \$80(R)/\$90(NR)

START SMART BASKETBALL

#188011A

Ages 3 - 5

Start Smart Basketball is an introductory basketball program for children 3-5 years old. This program introduces children to basketball in a fun non-competitive environment that is interactive and engaging. Participants will learn through fun activities and games that encourage listening and cooperation as well as practicing basketball related skills (dribbling, shooting, passing). Children will receive two basketballs and cones. Parents are asked to be present at all practices and participate when needed. Minimum: 12, Maximum: 15.

Instructor: Colchester Parks & Recreation Staff
Location: Malletts Bay School, Gym

11/5-11/21 T&TH 6:15-7:00 p.m. \$80(R)/\$90(NR)

PRESCHOOL

PLAYGROUP

#190000A

Ages Birth - 5

Playgroups are a great way for families to connect with other families, find out about other resources in the area, and begin conversations about child development and parenting. If school is cancelled due to bad weather, so is playgroup. Playgroup also does not meet during school vacations or holidays. Maximum: 50.

Facilitator: Colchester Parks & Recreation Staff

Location: Colchester Meeting House, Upstairs

9/4 - 12/20 WED&FRI 9:30-11:00 a.m. FREE
(Skip: 10/18, 11/27 & 11/29)

PRESCHOOL PLAYTIME - OPEN GYM

Ages 3 - 5

#100000A

Our Preschool Playtime is a time just for kiddos ages 3-5 years to come and take part in structured and unstructured playtime. Activities will include; soccer, basketball, hula hoops, jump ropes and more with several organized activities mixed in. Parents are required to stay while the kids play and are encouraged to jump into the FUN. Drop in participants accepted: \$5 at the door per night per child. Minimum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Gym

10/14-11/4 MON 6:15-7:45 p.m. \$15(R)/\$25(NR)
Walk-ons: \$5/night

TINY TUMBLERS

#180000A

Ages 3 - 5

Help your little one roll around and go upside down! We'll stretch and jump, try new challenges on the obstacle course and then play games with the parachute! Gymnastics is a great way to build coordination, confidence and balance...watch your child get stronger and more body-aware each week! *This hands-on program requires one adult per child.* Wear fitted, stretchy clothing. Please tie back long hair. Bring a water bottle! Minimum: 5, Maximum: 8.

Instructor: Karen Krajacic, Gymnastics Coach

Location: Bayside Activity Center

11/3-12/15 SUN 1:00-1:45 p.m. \$59(R)/\$69(NR)
(Skip: 12/1)

MBS CAREGIVER/CHILD PLAYGROUP

Ages Birth - 5

Join us on Monday afternoons at Malletts Bay School for a free caregiver/child playgroup. This is a great chance to visit with other Colchester parents while the children play in a beautiful early childhood classroom. Free play, songs, stories, crafts and snack are all part of our free playgroup experience. Just drop in! If you have questions, call MBS at 802-264-5900. Dates follows the school calendar.

Facilitator: Malletts Bay School Staff

Location: MBS, Early Childhood Rm

MON 1:15-2:30 p.m. FREE



PRESCHOOL PIRATES

#190021A

Ages 3 - 5

Ahoy Ye Preschool Pirates! Come aboard at the Bayside Activity Center and set sail for a high seas adventure. Little pirates ages 3-5 years can join us for a program filled with pirate speak, a treasure hunt and plenty of silly pirate fun. Big adult pirates must stay on-board and can join the fun...or walk the plank. Price includes many take home pirate goodies including; treasure, treasure chest, eye patches and your very own homemade pirate sword made from the highest quality pool noodle your pirate booty can buy. Minimum: 7, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

9/14 SAT 12:30-2:00 p.m. \$40(R)/\$50(NR)

PRESCHOOL

IT'S A ZOO-STUFFED ANIMAL PARTY

Ages 3 - 5

#190006A

Pick it, Stuff it. Noooo! Not your nose, your own stuffed animal. Little ones join us for some fun as we read, play, snack and make our own stuffed animal friends. There are several animals to choose from. Make a choice and the un-stuffed animal will be waiting for your little one at the party. Parents must stay with their child. **Registration Deadline: September 30.**

Minimum: 8, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

10/19 SAT 11:00-12:30 p.m. \$44(R)/\$54(NR)

BABY/TODDLER MUSIC MAKERS

Ages 6 weeks - 2.5

#190005A

Enhance your child's natural love of music, while stimulating verbal, physical and social development. This fun, music and movement class features guitar sing-a-longs with instruments, knee bounces, peek-a-boo songs, finger plays, rhythm activities, dancing and LOTS of bubbles! Meet other parents and learn many "take-home" songs to deepen the bond with your little one. *This class is for babies, toddlers and caregivers onlyplease, no older siblings.*

Minimum: 6, Maximum: 14.

Instructor: Ellie Tetrick

Location: Bayside Activity Center

10/5-11/16 SAT 11:00-11:45 a.m. \$65(R)/\$75(NR)
(Skip: 10/19)

PRESCHOOL MUSIC MAKERS

#190005B

Ages 2.5 - 5

Preschoolers have lots of ideas and love to share them! This active class encourages your child's input and creativity and takes him or her to the next level by offering cooperative activities, echo songs, kazoos, dancing with ribbons, rhythm instruments, creative movement, beach ball games, "hands on" instrument demonstrations (French horn and banjo), parachute fun and LOTS of bubbles! *Babies and toddlers are allowed to enroll for this class, but ONLY if a preschool sibling is also enrolled.* Minimum: 6, Maximum: 14.

Instructor: Ellie Tetrick

Location: Bayside Activity Center

10/5-11/16 SAT 10:00-10:45 a.m. \$65(R)/\$75(NR)
(Skip: 10/19)

PIPSQUEAK PICASSOS

#190012A

Ages 3 - 5

Embrace your inner artist and join us for Pipsqueak Picassos! This class is designed to bring out their creative side. Using silly materials like toilet paper tubes, cotton balls, marbles and Hot Wheels cars your little Picasso can create wonderful works of art that will be a blast to make. Materials for each painter will be provided. It's suggested that each Pipsqueak dress in clothes that you don't mind being messy as our little projects are not guaranteed to stay only on the canvas.

Minimum: 6, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

11/2 SAT 12:30-2:00 p.m. \$40(R)/\$50(NR)



PRESCHOOL PLANTERS

#190009A

Ages 3 - 5

With the cold temperatures settling in and the winter white approaching, bring some color and warmth to your home. Preschool Planters is a one time program allowing your little one to get creative as we paint small terracotta pots and prepare soil and flowers for planting. Participants will have a great time designing their one of a kind pot that can decorate your house or be given as a small gift. Come join us for some painting and planting fun. Minimum: 6, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

12/14 SAT 10:00-11:30 a.m. \$42(R)/\$52(NR)

A.C.E. & YOUTH



A.C.E.

(Active, Creative, Enrichment) Before & After School Program

*Colchester Middle School (After School Only)
Malletts Bay School (Before & After School)
Porters Point School (After School Only)
Union Memorial School (After School Only)*

The Program

The A.C.E. program incorporates Active, Creative and Enrichment components throughout the school year. The Active components will focus on sports, recreational games, outdoor games and lifetime skills activities. The Creative components will focus on food fundamentals, arts and crafts and quiet activities. We will incorporate special programs and guest specialists to achieve the enrichment component of the program.

For more information on availability contact Jennifer Turmel, Program Director for the Colchester Parks & Recreation Department at 264-5643 or e-mail jturmel@colchestervt.gov

KIDS' NIGHT OUT

#180023

Ages 3 - 5 (Preschool Night); Grades K - 2 & 3 - 5

Parents: when's the last time you took a date night? Or perhaps you just need an evening to get things done around the house without the kids in your hair. Sign your kiddos up for one of these drop-off style night out programs where they can have a blast watching movies, playing games, and snacking on pizza with their friends, while you get a couple hours to yourself. GIRLS NIGHT (Girls, Gr. 3 - 5), BOYS NIGHT (Boys, Gr. 3 - 5), KIDS NIGHT (Coed, Gr. K - 2). Minimum: 8, Maximum: 14. PRESCHOOL NIGHT OUT (Ages 3 - 5): Parents get to join in for Preschool Night Out with crafts, dance parties, games, and a movie & popcorn. A great social event for you and your little one! Minimum: 6, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

A: 10/4	FRI	6:30 - 8:30 p.m.	\$29(R)/\$39(NR) Girls Gr 3-5
B: 11/1	FRI	6:30 - 8:30 p.m.	\$29(R)/\$39(NR) Boys Gr 3-5
C: 11/15	FRI	5:45 - 7:45 p.m.	\$29(R)/\$39(NR) Coed Gr K-2
D: 11/22	FRI	5:30 - 7:30 p.m.	\$41(R)/\$51(NR) Coed Ages 3-5

YOUTH KNITTING

#180020A

Grades 3 - 5

Come join Christine Heavner, The Traveling Knitter, and this fun knitting group for a focus on the Holidays. Participants will learn to make scarves, winter hats, pillows and cell phone cases. Many past participants have shared in this close knit group that has formed during this class, as this is the perfect program to interact with others, meet new friends and learn a skill that you will enjoy. Minimum: 4, Maximum: 10.

Instructor: Chris Heavner, Traveling Knitter

Location: Malletts Bay School, Room TBA

10/24-11/14 TH 3:05 - 4:30 p.m. \$40(R)/\$50(NR)

CHESS MASTER CLUB

#180035A

Grades 3 - 5

Chess is a complex game that is easy to pick-up and difficult to master. Test your wits against your opponent while you learn rules, practice strategy, and train on various scenarios to give you the upper-hand and come out the victor. On the last day, we'll have a tournament to reveal the real Chess Master! Each participant will receive a Chess strategy packet and a travel-size Chess set to take home. Minimum: 6, Maximum: 16.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Art Room

**11/21-12/19 TH 3:05 - 4:30 p.m. \$50(R)/\$60(NR)
(Skip: 11/28)**

YOUTH

YOUTH

1/2 DAY PROGRAMS

Grades K - 5

#180017

Trying to figure out what you are doing with your children for the upcoming half days? Look no further! There will be games, activities, crafts and much more. Participants need to bring a snack and drink, snacks are not provided. Also appropriate clothing for outside. *A.C.E. families cannot register online, they must call in to the rec. department to receive the discounted price.* Maximum: 45 (PPS,UMS), 60 (MBS).

Instructor: Colchester Parks & Recreation Staff

Location: Gym of corresponding school

A:	9/25	WED	Dismissal-5:30 p.m.	\$20(ACE)/\$35(R) MBS
A1:	9/25	WED	Dismissal-5:30 p.m.	\$20(ACE)/\$35(R)UMS
A2:	9/25	WED	Dismissal-5:30 p.m.	\$20(ACE)/\$35(R) PPS
B:	12/4	WED	Dismissal-5:30 p.m.	\$20(ACE)/\$35(R) MBS
B1:	12/4	WED	Dismissal-5:30 p.m.	\$20(ACE)/\$35(R) UMS
B2:	12/4	WED	Dismissal-5:30 p.m.	\$20(ACE)/\$35(R) PPS



HALLOWEEN VIDEO PRODUCTIONS

Grades 3 - 5

#180021A

Prepare for a spooky good time, as aspiring videographers learn what it takes to produce a video for television or Youtube, including camera techniques, script writing and editing- all with a spooky theme! In this six week course, we will write and record our own PSA (public service announcement), try our hand at stop motion animation and film a short skit that will be broadcasted on LCATV once completed. Minimum: 4, Maximum: 26.

Instructor: Stephanie Soules, LCATV Staff

Location: Malletts Bay School, Art Room

9/17-10/22 TUE 3:05-4:15 p.m. \$57(R)/\$67(NR)

VIDEO & COMPUTER SPECIAL EFFECTS

Grades 6 - 8

#180021A1

Learn how some of the "magical" moments that you often witness in TV and films are made. In this course, participants will explore using a green screen, creating explosions and other computer generated effects using Adobe Premiere Pro professional editing software. If you are interested in computer and video graphics and how to become the next movie producer, this is a great course for you! Minimum: 4, Maximum: 6.

Instructor: Stephanie Soules, LCATV Staff

Location: Colchester Middle School, Room TBA

10/29-11/19 TUE 2:10-3:45 p.m. \$57(R)/\$67(NR)

OCTOBER VACATION DAYS

Grades K - 6

#183000A

Enjoy your two day fall break with your friends and the Colchester Parks & Recreation Department. We will be offering a two day camp for October 17 & 18. There will be games, activities, crafts, movies and much more. Participants need to bring a lunch and snack for each day. Minimum: 30, Maximum: 65.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester High School, Gym

10/17-10/18 TH&FRI 7:30-5:30 p.m. \$80(R)/\$90(NR)

BUILD A FRIEND

Grades K - 3

#182002A

Students will get the opportunity to create their very own stuffed animal! All materials provided create and stuff your new toy. Then we'll have a photoshoot with our new friends and play games as a group. We'll also watch Madagascar during this program. Minimum: 7, Maximum: 12.

Instructor: Courtney Phelps

Location: Bayside Activity Center

11/17 SUN 9:30 - 11:30 a.m. \$41(R)/\$51(NR)

HALLOWEEN CARNIVAL OF CUPCAKES

Grades 1 - 4

#187002A

Bats, Goblins, Ghosts, Spiders and Spooks....oh where the mind can go! This Halloween themed cupcake program is for our younger trick or treaters looking for a scary surprise that tastes oh so delicious. From creepy cream filled cupcakes with webs and spooky decorations to candy covered treats covering wickedly witchy funfetti, participants will learn how to make cupcakes from scratch and decorate them during a spooky good time. Join Allie from Re-Marc-Able Bakery, as she helps our little ones learn a new skill and enjoy the treat of a lifetime. Participants should bring a tupperware to bring home their tasty treats to enjoy! Minimum: 6, Maximum: 10.

Instructor: Allie McLam, Re-Marc-Able Bakery

Location: Bayside Activity Center

10/26 SAT 2:00-4:00 p.m. \$36(R)/\$46(NR)



SAFE@HOME ALONE TRAINING

Grades 3 - 5

#180036A

Safe@Home is a program designed for students to prepare them to be safe when they are home alone. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. Participants can bring a snack/drink to this program. Participants will also receive a Home Alone Safety Booklet they get to take home with them! Minimum: 8, Maximum: 16.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Art Room

12/4 WED Dismissal-4:00 p.m. \$35(R)/\$45(NR)

MAKE YOUR CAKE AND EAT IT TOO!

Grades 5 - 8

#187005A

Want to learn the bread and butter of making a cake? Ever wonder how they decorate cakes at birthdays, weddings and special occasions- and even bring tiers of joy? Join Allie from Re-Marc-Able bakery for an afternoon of fun, as this group of teens learn how to make a cake from scratch and how to decorate it in fashion- a dessert that is sure to take the cake. This bake it and take it program is sure to teach new skills, and participants will leave thinking this program is a piece of cake- which is sure to hit the sweet spot! Minimum: 6, Maximum: 10.

Instructor: Allie McLam, Re-Marc-Able Bakery

Location: Bayside Activity Center

12/7 SAT 2:00-4:00 p.m. \$36(R)/\$46(NR)

HOLIDAY ORNAMENTS & GIFT WRAP

Grades 1 - 4

#180001A

The best part of holiday decorating is the beautiful ornaments and intricate gift wrapping! Join us for a Saturday afternoon of crafting melted crayon ornaments for a stylish, colorful design, and learning how to neatly wrap presents. All materials provided. Minimum: 7, Maximum: 12.

Instructor: Courtney Phelps

Location: Bayside Activity Center

12/14 SAT 2:00-3:45 p.m. \$39(R)/\$49(NR)

POLAR EXPRESS PARTY

Grades 1 - 3

#180034A

"CHOO CHOO! All Aboard!" The Polar Express is a classic Christmas tale of wonder, winter, and of course, the big man in red! This party-style event will include a train-focused tinkering project, arts & crafts, holiday snacks, and hot chocolate. We'll watch the movie too! All materials and snacks provided. Minimum: 7, Maximum: 12.

Instructor: Courtney Phelps

Location: Bayside Activity Center

12/15 SUN 10:00-12:00 p.m. \$40(R)/\$50(NR)

HOLIDAY COOKING SERIES

#182100

Ages 8 - 11

Leave the main entrée to the adults – kids can handle the side dishes and desserts! Sign up for one, or get a discount when you sign up for both. All participants will receive their own cookbook to take home.

SESSION A1: THANKSGIVING SIDES: During this program, participants will learn mouth-watering Thanksgiving favorites such as sour cream and cheese mashed potatoes, stuffing, buttermilk biscuits and brown sugar glazed carrots. **SESSION A2: HOLIDAY DESSERTS:** Participants will learn delicious dessert favorites such as mini apple pies, layered pudding cups and angel food cake strawberry desserts. Minimum: 7, Maximum: 12.

Instructor: Courtney Phelps

Location: Bayside Activity Center

A1:11/9 SAT 2:00-3:45 p.m. \$39(R)/\$49(NR) Sides
A2:11/16 SAT 2:00-3:45 p.m. \$39(R)/\$49(NR) Desserts
A3:11/9,11/16 SAT 2:00-3:45 p.m. \$64(R)/\$84(NR) Both

TOP CHEF COOKING AFTERSCHOOL

Ages 8 - 11

#182100



This program is for MBS students only – we'll walk to the Bayside Activity Center after school to use the kitchen. **Session B: Nuggets:** Participants will learn how to make delicious and healthy Chicken nuggets and tenders with dipping sauces. Participants will also make marshmallow bombs made with cinnamon roll outsides and melt-

ed marshmallow insides. **Session B1: Enchiladas:** Participants will learn how to make chicken & cheese taco enchiladas. Participants will also make chocolate covered marshmallow treats with candy toppings and decorations. Minimum: 7, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

B: 9/26 TH 3:05-5:00 p.m. \$28(R)/\$38(NR) Nuggets
B1: 10/10 TH 3:05-5:00 p.m. \$28(R)/\$38(NR) Enchiladas
B2: 9/26,10/10 TH 3:05-5:00 p.m. \$47(R)/\$67(NR) Both

THE WRIGHT BROTHERS DAY

Grades 3 - 5

#180037A

December 17th is the anniversary of the Wright Brothers' first flight! Celebrate in high-flying style as we design and construct our own glider airplanes while watching a short documentary about the Wright Brothers. Then we'll have a contest to see who's glider planes will fly the furthest. Participants will get to keep their planes.

Minimum: 7, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Art Room

12/17 TUE 3:05-4:30 p.m. \$29(R)/\$39(NR)

COLCHESTER CROSSFIT NIGHT

Grades 2 - 8

#110007A

Try-It Tuesdays at Mountain Trail CrossFit in Colchester! MTCF is opening their doors in September to allow families the opportunity to visit and try out their unique fitness regimen. These evenings are geared toward kids fitness and developing a healthy lifestyle. All exercises are modified for young bodies. Come dressed to MOVE and bring a water bottle. Minimum: 3, Maximum: 50.

Instructor: Erin McCarthy

Location: Mountain Trail CrossFit, 113 Acorn Lane

9/3-9/24 TUE 6:00-7:00 p.m. \$15(R)/\$25(NR)

FALL FOOTBALL CLINIC

Grades 2 - 8

#140012B

CHS Varsity Football is hosting the youth in Colchester for another in season clinic with their players. This clinic will be run as a non-contact program focused on proper form in throwing, catching, blocking, flag pulling & tackling. Flag football and ultimate football style games will also be played with the Varsity athletes at this clinic, creating a memory and moment your child will remember for years to come. Come join our Varsity athletes and coaches for this awesome clinic that your child will not want to miss! Youth football players you can still play because your game is in the evening. Minimum: 20, Maximum: 50.

Instructor: Tom Perry, CHS Varsity Football Coach

Location: Colchester High, Practice Football Field

9/14 SAT 10:00-12:00 p.m. \$25(R)/\$35(NR)

AFTERSCHOOL CROSSFIT

#110007B

Grades 3 - 5

Mountain Trail CrossFit coach Erin McCarthy and her team have developed a modified CrossFit training program that is geared toward kids. CrossFit Kids builds strength, agility, and balance to promote healthy lifestyles, but the kids will remember the high-energy, challenging, fun environment! Come give it a try! Minimum: 8, Maximum: 50.

Instructor: Erin McCarthy, MountainTrail CrossFit

Location: Colchester Middle School, Athletic Fields

9/18 WED 3:05-4:30 p.m. \$7(R)/\$17(NR)

TWEEN TENNIS CLINIC

#103000A

Grades 4 - 8

This 4 week tween tennis clinic at Bayside Park will focus on tennis fundamentals like forehand and backhand strokes, footwork drills, approaching the net, volleys, overhead hits, and team play. Tom Perry, the CHS Physical Education Teacher, will be running this tennis clinic and has a background in tennis. Our staff will review and focus on a mix of skill development drills, proper form, rules and competitive games during this program, as participants grow their passion for tennis and meet new friends their age. Minimum: 7, Maximum: 12.

Instructor: Tom Perry

Location: Bayside Park, Upper Tennis Courts

9/15-10/6 SUN 10:00-11:15 a.m. \$42(R)/\$52(NR)

YOUTH OPEN GYM BASKETBALL

Grades 1 - 5

#130105A

Come join us for our very popular youth open gym basketball nights. Participants will play in 5vs5 or 3vs3 format and other games like knockout and around the world. Parents who accompany their child can come in and participate free of charge. One parent or adult guardian must attend with their child for those under 3rd grade. Participants should bring a water bottle. Drop in participants accepted: \$5 at the door per night per child. Minimum: 10.

Instructor: Isaac Spivey

Location: Malletts Bay School, Gym

10/16-11/6 WED 6:15-7:45 p.m. \$15(R)/\$20(NR)
Walk-ons: \$5/night

STUDIO 3 OCTOBER DANCE CAMP

Grades 1 - 5

#181001B

Come enjoy a great two days filled with dance, games, fun and outside activities (weather permitting) during the October break. Participants will learn tap, jazz, acro/tumble, ballet, across the floor, hip hop and more! We will also have fun making some fall decorations! Games, playground trips and fall craft pumpkin art projects will be part of this exciting, fun filled two day camp! Bring walking shoes, comfy clothes, water, lots of snacks and lunch! Minimum: 8, Maximum: 12.

Instructor: Studio 3

Location: Studio 3 Dance, Creek Farm Plaza

10/17-10/18 TH&F 8:30-3:30 p.m. \$90(R)/\$100(NR)

STUDIO 3 AFTERSCHOOL DANCE

Grades K - 2

#181001A

Are you interested in dance and want to see if it is a passion of yours? This three week program will introduce participants to the skill of dance and its many forms. Participants will partake in Hip Hop, Jazz, Tap, and basic Tumble skills. Participants can bring a snack and a water bottle to this class. Minimum: 8, Maximum: 15.

Instructor: Michelle Little, Studio 3

Location: Union Memorial School, Art Room

10/24-11/14 TH 3:00-4:15 p.m. \$30(R)/\$40(NR)
(Skip: 10/31)

INTRO TO GYMNASTICS/MOVEMENT

Ages 5 - 6 & 7 - 8

#180008A

This class is an introduction to gymnastics and movement. Classes will start with stretching and movement and lead into learning back bends, body tumbles, leaps and chassé, agility and balance on the foam beam! Parents may drop off their child or stay in the adjacent room at the Bayside Activity Center during this program. Participants should wear fitted, stretchy clothing that is comfortable and good for activities. Please tie back longer hair and don't forget to bring a water bottle! Minimum: 5, Maximum: 7.

Instructor: Karen Krajacic, Gymnastics Instructor

Location: Bayside Activity Center

A: 11/3-12/15 SUN 2:00-2:45 p.m. \$59(R)/\$69(NR) 5-6
(Skip: 12/1)

A1: 11/3-12/15 SUN 3:00-3:45 p.m. \$59(R)/\$69(NR) 7-8
(Skip: 12/1)

STUDIO 3 DANCE CLASSES

Ages 2.5 - 14

#171005

Hip Hop: This is a fun, active, upbeat class that you won't want to leave! Bring lots of energy, water and your most fly moves! You will learn great moves, fun choreography, and a dance routine. The latest music will be pumping and you'll be a hip hop superstar in no time! Carry in clean dry sneakers- no outside shoes can be worn on the dance floor. Minimum: 2, Maximum: 8. **Contemporary:** This class will challenge you! Learn contemporary dance moves that will flow into a very intricate group dance piece. Think outside the box and your comfort zone! This is a great class for all levels as variations will be taught and built on foundations. Don't miss this class- it's been getting rave reviews from past and current participants! Participants can be barefoot or wear socks- no outside shoes can be worn on the dance floor. Minimum: 4, Maximum: 6. **Lil Movers:** This is a great class that children enjoy so much! It will incorporate basic ballet along with movement, tumble, across the floor, taking turns, hula hoops, balance beam, and much more! This is a wonderful first or second year class for your tiny one! Participants should wear pink or black leotards, tights, leggings, hair up, ballet shoes or barefoot. Minimum: 4, Maximum: 8. *All classes: participants should wear comfy clothes.*

Instructor: Studio 3 Dance Instructor

Location: Studio 3, Creek Farm Plaza

A: 10/9 - 12/18 (Skip: 11/27)	WED	4:45 - 5:25 p.m.	\$135(R)/\$155(NR) Hip Hop: Ages 4 - 7
B: 10/7 - 12/16 (Skip: 11/25)	MON	7:15-8:15 p.m.	\$165(R)/\$185(NR) Contemporary: Ages 11 - 14
C: 10/9 - 12/18 (Skip: 11/27)	WED	5:45 - 6:40 p.m.	\$165(R)/\$185(NR) Hip Hop: Ages 8 - 11
C1: 10/7 - 12/16 (Skip: 11/25)	MON	5:15 - 6:15 p.m.	\$165(R)/\$185(NR) Hip Hop: Ages 6 - 9
D: 10/7 - 12/16 (Skip: 11/25)	MON	4:15 - 4:45 p.m.	\$135(R)/\$155(NR) Lil Movers: Ages 2.5 - 3.5
D1: 10/12 - 12/21 (Skip: 11/30)	SAT	8:00 - 8:30 a.m.	\$135(R)/\$155(NR) Lil Movers: Ages 2.5 - 3.5

FUSION TAEKWON-DO

Ages 4 - 6, 7 - 11 & 12 - 17

#120001

Does your child have everything they need for back to school? CONFIDENCE? SELF-ESTEEM? Your children will love this exciting blend of our popular high energy Taekwon-do classes fused together with our character development and life skill program. These classes are sure to inspire and bring a smile to any child's face. Your child will learn to set short and long term goals helping build an "I can do it" attitude while having the time of their life. Whether this is their first time trying martial arts or wanting to try it again, we have programs available for all levels. Uniform is included. Minimum: 1, Maximum: 10.

Instructor: Damir Alisa

Location: Fusion Taekwon-do, 110 Elm Court

A: 9/23-11/14 M/TH 4:30-5:00 p.m. \$79(R)/\$89(NR) ⁴⁻⁶
A1: 9/23-11/14 M/TH 5:00-5:45 p.m. \$79(R)/\$89(NR) ⁷⁻¹¹
A2: 9/23-11/14 M/TH 6:00-6:45 p.m. \$79(R)/\$89(NR) ¹²⁻¹⁷



TAEKWONDO AFTERSCHOOL

Grades K - 2

#120001

Taekwondo is a South Korean martial art that focuses on the body and mind connection. Its purpose is to build strong bodies and minds. This program is led by Master Alisa, a pre-licensed mental health counselor, who uses a strength-based approach to help students reach their maximum potential. This 4 week after school introductory program focuses on building confidence, self-control, resiliency, and emotional regulation. It is a great fit for beginners, seasoned athletes, and those interested in cross-training. Our program's values are rooted in community building, diversity, and social justice. This is a great introductory program to try to see if your child develops a passion for this amazing physical and mental focus in martial arts. NO UNIFORM INCLUDED IN THIS PROGRAM.

Minimum: 10, Maximum: 15.

Instructor: Damir Alisa, Fusion Taekwondo

Location: A3: Porters Point School, Art Room

A4: Union Memorial School, Art Room

A3: 10/22-11/12 TUE 2:45-4:00 p.m. \$30(R)/\$40(NR) ^{PPS}
A4: 10/23-11/13 WED 3:00-4:15 p.m. \$30(R)/\$40(NR) ^{UMS}

YOUTH BASKETBALL

COLCHESTER YOUTH BASKETBALL LEAGUE (CYBL)

Grades 1 - 8

Colchester Youth Recreational Basketball League promises to be a fun season. There will be designated practices for players in Grades 1 - 8. Participants will be assigned to teams, with practices once a week and games on Saturdays. Games will be played at Malletts Bay School and Colchester Middle School. Grades 5-6 and 7-8 will have the chance to travel to play teams from surrounding communities.

**2019 - 2020 Season:
November 18 - February 15**

1 hour practice per week, per team between the hours of 6:00 - 9:00 p.m. on assigned weekdays, plus 1 hour games on Saturdays. Game times to be determined, times will vary between 8 am - 4 pm. Schedule will be available mid-December.

Games will begin Saturday, January 4th

Grades 1 - 2: Early Bird: \$60.00 (After 10/18 \$70.00)
(\$45.00 (\$55.00 after 10/18) if you have CYBL jersey)

Grades 3 - 4: Early Bird: \$65.00 (After 10/18 \$75.00)
(\$50.00 (\$60.00 after 10/18) if you have CYBL jersey)

Grades 5 - 8: Early Bird: \$70.00 (After 10/18 \$80.00)
(\$55.00 (\$65.00 after 10/18) if you have CYBL jersey)

\$5.00 less per sibling

CYBL League Format:

Grades 1 - 2:
Coed

Grades 3 - 4:
Boys & Girls

Grades 5 - 6:
Boys & Girls

Grades 7 - 8:
Boys & Girls



CYBL REGISTRATION FORM IS LOCATED
ON THE NEXT PAGE OF THIS BROCHURE,
AT THE RECREATION DEPARTMENT,
OR ONLINE AT
<http://colchestervt.gov/recreation/cybl>

VOLUNTEER COACHES NEEDED!

Have an interest in coaching this season? Fill out
our online coaching application at:
www.surveymonkey.com/r/CYBLCoachingApplication
For more information contact Isaac Spivey at
ispivey@colchestervt.gov
TRAINING WILL BE PROVIDED

Register TODAY! Early Bird discount expires October 18th. No registration will be accepted after December 20th.

KINDERGARTEN BASKETBALL ACADEMY



Grade K

This program is perfect for your child to learn proper basketball techniques before joining the CYBL in the First Grade. Your child will learn teamwork, ball-handling, defense, passing and shooting skills through our station based practice plans, while using age-appropriate equipment. We will also have competitions, team & family games and have a TON of FUN during this program. All you need is sneakers! If there are any weather cancellations during this program, there will be no make up classes. Parent volunteers needed. All participants get shirts and a class photo. **To volunteer contact Isaac Spivey at ispivey@colchestervt.gov. The CYBL Registration is not needed for this program, please fill out the regular registration on page 23.** Minimum: 10, Maximum: 45.

Location: Malletts Bay School, Gym

1/11-2/15 SAT 8:00-8:45 a.m. \$50(R)/\$60(NR) 510000H

19-20 CYBL REGISTRATION

Player Name: _____ Birth date: ____/____/____ Age: ____ Grade: ____ Gender: _____

Address: _____ Parents Name: _____

City: _____ State: _____ Zip: _____ E-Mail: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Emergency Contact #1 _____ Phone: _____ Cell Phone: _____

Emergency Contact #2 _____ Phone: _____ Cell Phone: _____

Special Needs: _____ Last Years Team Name: _____

Is there a day of the week that you can not practice on?: _____

Allergies & Other Medical Conditions: _____

Medications: _____

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AND PARENTAL CONSENT AGREEMENT

I hereby release and discharge Colchester Parks & Recreation, its agents, employees, staff members, directors, and volunteers from any claims, responsibilities or liabilities for injuries or harm incurred as a result of my participation and/or my child's participation as a player or spectator in CYBL through Colchester Parks & Recreation.

Signature of Parent or Legal Guardian: _____ Date: _____

MEDICAL RELEASE

I hereby grant consent to any and all health care providers designated by Colchester Parks & Recreation Department to provide my child _____ (child's full name) any necessary medical care as a result of any injury/illness. This consent includes First Aid and transportation by Colchester Rescue to the hospital.

Signature of Parent or Legal Guardian: _____ Date: _____

PARTICIPANT JERSEY INFORMATION:

All CYBL players will wear reversible jerseys during games. Jerseys are yours to keep to be used for future CYBL seasons. Does your child have a jersey from last year? Yes _____ No _____ *If you wear a previous jersey what is the jersey number:* _____

Jersey Size (circle one): YS YM YL S M L XL

VOLUNTEER SUPPORT:

Colchester Youth Basketball is a volunteer based activity. Your participation and support is vital to the continued success of the programs for the children of our community. Please indicate below where you may be able to invest your time, energy, or talent to make this program better than ever. Thank you for volunteering! (check all that apply)

_____ Coach _____ Asst Coach _____ Score Keeper (grades 5 - 8)

REGISTRATION FEES:

Grades 1-2: \$60.00 (\$45 if you have CYBL Jersey) Registration Code: 510000A: Coed Need Jersey / 510000A1: Coed Have Jersey

Grades 3-4: \$65.00 (\$50 if you have CYBL Jersey) Registration Code: 510000B: Boys Need Jersey / 510000B1: Boys Have Jersey

510000C: Girls Need Jersey / 510000C1: Girls Have Jersey

Grades 5-6: \$70.00 (\$55 if you have CYBL Jersey) Registration Code: 510000D: Boys Need Jersey / 510000D1: Boys Have Jersey

510000E: Girls Need Jersey / 510000E1: Girls Have Jersey

Grades 7-8: \$70.00 (\$55 if you have CYBL Jersey) Registration Code: 510000F: Boys Need Jersey / 510000F1: Boys Have Jersey

510000G: Girls Need Jersey / 510000G1: Girls Have Jersey

\$5.00 off each additional sibling / Add \$10 to registration fee if registering after October 18, 2019

PAYMENT INFORMATION:

Check # _____ Cash: _____ Credit Card: _____

Please Circle Card Type: Visa MasterCard

Checks should be filled out & mailed to:

Colchester Parks & Recreation, 781 Blakely Rd, Colchester, VT 05446

For more information call Parks & Recreation: 802-264-5640

Name on Card: _____ Expiration: ____/____

Credit Card #: _____

Signature of Cardholder: _____

TEEN & SAFETY

PSAT/SAT BOOTCAMP

#140021B

Grades 10 - 12

Are you someone who is taking the upcoming PSAT/SAT testing this year? Want that extra step up on the competition and improve on your scores? Now in its twelve year, SAT Bootcamp teaches proven strategies for this high-stakes test in a unique four-hour format. Focusing on powerful strategies, the interactive workshop prepares students for both the SAT and PSAT. SAT Bootcamp reduces test anxiety through thorough familiarization and practice with the Reading, Writing and Language, and Math sections, and increases test-taking confidence. Students will also come away with a clear idea of the sections on which they need to focus further study. Enroll early, space is limited! For more information, check www.satbootcampvt.com. SAT Bootcamp was founded in 2007 by Lauren Starkey, the author of Write Your Way to College: College Admissions Essay, SAT Writing Essentials, and 19 other books. Lauren has written test prep for clients such as Kaplan and Mc-Graw Hill, and for four years penned a national column on college admissions. Minimum: 15, Maximum: 50.

Instructor: Laura Starkey

Location: Colchester High School, Room 101/103

9/28 SAT 8:30-12:30 p.m. \$182(R)/\$202(NR)

R.A.D. BASIC SELF DEFENSE FOR WOMEN

Ages 13+

#140006A

Every worry about your safety in your community? Looking for a great program that will teach you how to be aware and increase your chances of safety wherever you go? Welcome to RAD Self Defense for Women- run by the Colchester Police Department and Cpl. Jaime Bressler. This program is designed for the average person with no previous experience or background in physical skills training. Participants can expect to receive information on awareness and risk avoidance. There is also immersion in physical techniques, which are reinforced by repetition. This is a basic self defense class and is not an exercise or martial arts program. Participants can not miss more than one class during this session. Please dress comfortably. A parent is NOT required to attend this program. Minimum: 10, Maximum: 25.

Instructor: Cpl. Jaime Bressler, Colchester PD

Location: Colchester Meeting House, Upstairs

10/2-11/6 WED 6:00-8:00 p.m. \$23(R)/\$33(NR)

TEEN HEARTSAVER CPR & FIRST AID

Ages 13 - 17

#187006A

Colchester Parks & Recreation will be holding a one day CPR & First Aid Certification. During this course, participants will follow a video-based, instructor-led course that teaches students critical skills needed to respond to and manage an emergency until emergency medical services arrives. This course teaches skills with the AHA's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills. Participants should bring a lunch during this program. Minimum: 6, Maximum: 8.

Instructor: American Heart Certified Instructor

Location: Bayside Activity Center

11/25 MON 9:30-2:00 p.m. \$53(R)/\$63(NR)

BABYSITTER TRAINING

Ages 10 - 15

#180003A

The Safe Sitter curriculum includes instruction in babysitting skills and techniques such as: care of choking, CPR, injury prevention and management, behavior management, how to change diapers and babysitting as a business. If you are looking to babysit your siblings, family or make babysitting a business, this is a great class for you and gives you a step up on your competition! *Participants must bring a lunch, snack and drinks.* Minimum: 10, Maximum: 16.

Instructor: Safe Sitter Certified Instructors

Location: Bayside Activity Center

10/17 TH 9:00-3:00 p.m. \$70(R)/\$80(NR)

HUNTER SAFETY - COMBO

Ages 13+

#140001A

If you are interested in developing skills in safe fire-arms and bow handling, marksmanship, wildlife conservation and management, and outdoor skills, then this is the class for you. State requirements for a Vermont Combination Hunting License will be met. Participants must register with the Parks & Recreation Department and attend all classes. **PLEASE NOTE: The first three dates of this class are MANDATORY. Mandatory field day: Details TBA for week-end of November 2nd.** Maximum: 20.

Instructor: Jeff Fontaine & VT Fish & Wildlife

Location: Colchester Police Department, Kirker Rm

9/10-10/29 TUE 6:00-8:30 p.m. FREE

ADULTS

ADULTS

BEGINNER FIDDLE

#160002A

Ages 18+



Join the many Vermonters who have taken up fiddle for the first time as an adult. Sarah Hotchkiss of Woodbury Strings is your gentle and patient instructor for this four-class introduction to the rudiments of violin and fiddle playing. Participants will be taught how to hold the violin and bow, as

well as the basic skills needed to play very simple tunes and scales. No musical experience required! Bring your own violin, or rent one for the month from the Vermont Violin Shop. RENTALS: Vermont Violins will offer a special rate on violin rentals for the Beginner Fiddle and Advanced Beginner Fiddle classes: \$25/four-week session. An optional \$5 damage waiver can also be added. This is a great way to try out the instrument without the full investment! Violin rentals must be requested directly from Vermont Violins at this web address: <http://www.vermontviolins.com/colchester-rental>. The instructor will bring your rental to the first class and you will be able to keep it for the four-week session to practice. Minimum: 3, Maximum: 10.

Instructor: Sarah Hotchkiss, Woodbury Strings

Location: CMS, Room 144

9/10-10/1 TUE 7:30-8:30 p.m. \$60(R)/\$70(NR)

INTRO TO HARMONICA

#160002

Ages 18+

Want to play an instrument that is easy to learn and always in tune? Learn to toot your favorite tunes on the harmonica in this fun class. You don't need any musical experience, just a song in your heart and a harmonica in the key of C. For those with respiratory challenges, the harmonica has been proven to help build muscles that improve lung capacity - a benefit all of us could use! **Don't have an instrument? Hohner harmonicas are available for purchase in class (price range: \$6 - \$40).** Minimum: 5, Maximum: 12.

Instructor: Clare Innes

Location: Bayside Activity Center

G:9/9-9/30 MON 1:30-2:30 p.m. \$60(R)/\$70(NR)

H:10/21-11/18 MON 1:30-2:30 p.m. \$60(R)/\$70(NR)
(Skip: 11/4)

ADVANCED BEGINNER FIDDLE #160002B

Ages 18+

This class will be a continuation of the Beginner Fiddle class. Those with some prior experience who did not take the first class are also welcome to participate. Participants should know how to play a D scale (or notes on the D and A strings) and be able to manage a simple tune such as "Twinkle, Twinkle Little Star" at a slow pace. We'll learn how to play simple fiddle tunes by ear as well as further each player's depth of knowledge about form, ergonomics, and about fiddling in general. Bring your own violin, or rent one for the month from the Burlington Violin Shop (see Beginner description).

Minimum: 3, Maximum: 10.

Instructor: Sarah Hotchkiss, Woodbury Strings

Location: CMS, Room 144

10/22-11/12 TUE 7:30-8:30 p.m. \$60(R)/\$70(NR)

UKULELE-LEVEL 1

#160002D

Ages 18+

If you have always wanted to learn to play an instrument, the ukulele is a great place to start! Have fun learning the chords and strums you need to play your favorite tunes and gain confidence playing with others. Bring a ukulele and clip-on tuner, or rent one for \$25 for the four-week class (if you love it, your rental fee will count towards purchase). For those with left-hand, baritone, or low-G ukuleles, ability to translate chords for your instrument is needed. **Use code 160002-D1 to add an instrument rental.** Minimum: 5, Maximum: 12.

Instructor: Clare Innes

Location: Bayside Activity Center

9/9-9/30 MON 3:00-4:00 p.m. \$60(R)/\$70(NR)

UKULELE-LEVEL II

#160002E

Ages 18+

If you have a few ukulele chords at your fingertips and want to become a better ukuleliian, this class will help you become more confident playing by yourself and with others. We'll explore more chords, strumming patterns, fingerpicking, and a super-easy music theory tool. Bring a ukulele and clip-on tuner. (See Level 1 description if you need to rent or purchase an instrument.) Minimum: 5, Maximum: 12.

Instructor: Clare Innes

Location: Bayside Activity Center

10/21-11/18 MON 3:00-4:00 p.m. \$60(R)/\$70(NR)

(Skip: 11/4)

UKULELE-SKILLBUILDER

#160002F

Ages 18+

Do you have a little ukulele know-how at your fingertips? Want to take your abilities to the next level? Geared for adults who are comfortable switching among basic chords and keeping a steady strum, learn more strums and chords, gain skills for tackling unfamiliar songs with increased confidence, learn some fingerpicking, discover a simple music theory tool, and become even more comfortable playing with others. This class is designed for ukuleles in the common high-G ("re-entrant") tuning. Ukes in other tunings (including lefties, low-G, and baritone ukes) are welcome, but the ability to translate chords and tablature for yourself is needed. Being familiar with many of these chords will help you shine: G, G7, C, C7, D, D7, Dm, F, E7, Em, A, A7, Am. Minimum: 5, Maximum: 12.

Instructor: Clare Innes

Location: Bayside Activity Center

9/13-10/4 FRI 10:00-11:00 a.m. \$60(R)/\$70(NR)

CREATIVE FOOD CARVING 101 #170026A

Ages 18+

Learn the history of food carving and ways to turn fruits & vegetables into edible art! "Wow" the potluck, family dinner table, or a special guest with amazing, easy tricks you can do with a knife. No artistic or cooking experience necessary! All participants will receive a take home quick-guide to help refresh your memory beyond class. Utensils will also be available for purchase after class. Minimum: 5, Maximum: 8.

Instructor: Annie Caswell

Location: Bayside Activity Center

10/3 TH 6:00-9:00 p.m. \$64(R)/\$74(NR)



BEGINNING SEWING

#160006A

Ages 18+

If you've ever wanted to learn how to sew, this is the class for you! This series of eight classes will provide a foundation for making useful garments, gifts, and other items. We'll learn how to use and



troubleshoot a sewing machine, as well as hand sewing, choosing and cutting fabrics, different types of seams, fabric care and suitability for your project, and how to access sales and good deals to buy fabrics and sewing supplies on your own. All supplies will be provided, but feel free to bring fabric you may want to work with or tools you want to learn how to use. We will make a stylish handbag during this series, with additional projects possible depending on class skill level. Templates will also be provided. Thank you to Burlington Parks, Recreation, and Waterfront for allowing us to borrow sewing machines and other supplies for this class! Minimum: 6, Maximum: 10.

Instructor: Terri Agnelli

Location: Bayside Activity Center

9/18-11/6 WED 6:00-7:30 p.m. \$116(R)/\$136(NR)

IF DIVORCE WAS EASY

#170009C

Ages 18+

If divorce was easy you wouldn't be wondering if you are making the right financial decisions. Join us as we take you through the financial world of divorce and how it can affect you. We will cover income source, child support and not derailing your children's college, marital assets, savings and investments, retirement accounts that need to be divided, IRAs, the house (which is often your largest asset), and how Social Security figures into all of this. This is an informational lecture only; participants are not expected to speak about their personal situation or bring any financial information. This is not a formal consultation, simply come to be educated on the topic. Minimum: 5, Maximum: 20.

Instructor: Jo Ann Thibault, Financial Advisor

Location: Bayside Activity Center

11/13 WED 5:30-6:30 p.m. FREE(R)/\$10(NR)

ADULTS

ADULTS

ESTATE PLANNING: WILL VS TRUST

Ages 18+

#170000A

Join attorney Lisa Campion of LMC Law in Colchester to learn about how you can transfer and protect your assets in this Estate Planning Educational Seminar. Discussion will include wills, trusts, power of attorney, and living wills, as well as mistakes you should avoid to protect you and your loved ones. Minimum: 5, Maximum: 20.

Instructor: Lisa Campion, Attorney

Location: Bayside Activity Center

9/12 TH 6:30-7:30 p.m. FREE(R)/\$10(NR)

BATIK & SILK PAINTING

Ages 18+

#170025

Learn a new art form that dates back to ancient times! Wax resist dyeing of fabric is an ancient art form that has been practiced throughout history in African, Middle Eastern, Asian, and Polynesian regions. The art of batik as we know it today was most highly developed on the Indonesian island of Java. In this workshop, we will focus on the fundamentals of batik and silk painting. Participants will learn how to batik by applying wax as a resist to silk pieces, and then paint them to create elegant pieces of art. We will experiment with various techniques using salt and sugar, and then design and create a final piece. Each person will leave with 2 pieces. All materials provided. Minimum: 5, Maximum: 10.

Instructor: Jen Labie, Leaning Tree Studio

Location: Bayside Activity Center

A: 9/28 SAT 1:00-4:00 p.m. \$82(R)/\$92(NR)
B: 10/12 SAT 1:00-4:00 p.m. \$82(R)/\$92(NR)

DIABETES PREVENTION & MANAGEMENT

Ages 18+

#151001A

This lecture will cover a natural approach to diabetes prevention & management. Learn easy daily tools to prevent diabetes. Join Dr. Adriane Morrison-Taylor of Mountain View Natural Medicine to discuss how diet, exercise, and other natural medicine can be used to prevent and reduce the risk of diabetes in people of all ages. Minimum: 5, Maximum: 20.

Instructor: Dr. Adriane Morrison-Taylor

Location: Bayside Activity Center

10/10 TH 6:00-7:00 p.m. \$2(R)/\$7(NR)

ASK THE FUNERAL DIRECTOR

#121215

Ages 18+

Funeral Directors from Ready Funeral Home will host this workshop to discuss all of the options people have when planning their funeral, including traditional funeral services, contemporary celebration-of-life services, or even no service at all. We will go over what is required by law when someone passes, and what is personal preference. All participants will receive an informational packet that will help you and your loved ones know your wishes, and how to make those a reality upon your death. Many have found these workshops to be informative and helpful in starting a discussion about death and the dying process, and how to plan for the passing of a loved one, especially the funeral service that may follow. There will be plenty of opportunity to ask questions, both in a group setting or in private, with the directors on hand. Minimum: 5, Maximum: 20.

Instructor: Richard O'Donnell, Ready Funeral Home

Location: Bayside Activity Center

A: 9/21 SAT 1:00-2:00 p.m. FREE(R)/\$10(NR)
B: 10/25 FRI 10:00-11:00 a.m. FREE(R)/\$10(NR)

EXPLORING THE DIGITAL WORLD

Ages 30+

#150009

Join Pam Barclay, CHS Technology Director for a couple classes of patient instruction to help get you up-to-speed on the latest tech. These workshops offer time for questions and plenty of repetition to help you learn your way around your device. **Session A:** Windows 10 Basics: get a tutorial on features of Windows 10 and general functions of a computer. We'll pay special attention to file management and popular apps for Windows operating systems. We'll also touch on Internet use. Participants should bring their own laptop, but let us know if you need to borrow one during class. **Session B:** iPhone 101: this workshop is great for iPhone and iPad users to ask questions and learn tips and tricks of working with iOS. We'll pay special attention to customizing your home screen and settings, signing up for an Apple ID, downloading apps, utilizing iCloud, and using messaging and email apps. Participants need to bring their own device. Minimum: 4, Maximum: 10.

Instructor: Pam Barclay, CHS IT Department

Location: Bayside Activity Center

A: 9/25 WED 1:00-2:30 p.m. \$5(R)/\$15(NR)
B: 10/9 WED 1:00-2:30 p.m. \$5(R)/\$15(NR)

SUP YOGA Ages 16+

#110004

If you're looking for a new challenge, yoga on a stand up paddleboard will reinvigorate you and help you become calm & healthy. SUP Yoga aims to introduce you to a unique yoga experience while enjoying the natural splendor of floating on water. All equipment is provided in the class and our certified instructors from Yoga Vermont will teach you everything you need to know, so don't worry if you are a beginner. Be empowered through your breath and balance to follow your bliss. Walk-ons accepted if space allows for \$25 per class. Maximum: 10.

Instructor: Yoga Vermont

Location: Bayside Beach

Using Our Board

A: 9/14-10/5 SAT 9:00-10:30 a.m. \$65(R)/\$75(NR)

Bringing Your Own Board

A1: 9/14-10/5 SAT 9:00-10:30 a.m. \$50(R)/\$60(NR)



BREATH & BODY: A MOVEMENT CLASS

Ages 18+

#161000

For fans of Stephanie Davis' "Hatha/Restoration Yoga" class, come join Stephanie for this new evolution of her fun and welcoming classes. This is NOT your average yoga class! We will move, stretch, tone, and release tension within our body and mind through conscious breath work and movement. Together, we will learn how to quiet our minds and release stress that is held in our body. Each class is unique and fun is guaranteed! Bring a yoga mat and water bottle. Minimum: 6, Maximum: 14.

Instructor: Stephanie Davis,
Enchanted Goddess Healing Arts

Location: Bayside Activity Center

A: 9/18-10/23 WED 9:00-10:00 a.m. \$60(R)/\$70(NR)

B: 10/30-12/11 WED 9:00-10:00 a.m. \$60(R)/\$70(NR)
(Skip: 11/27)

COED TEAM VOLLEYBALL

#102000A

Ages 18+

Connect with other volleyball players to form a regular team for more competitive play. Players should be high-intermediate to advanced in skill, using proper technique and utilizing team strategy. Teams will remain the same each week. Enjoy the structure of a league, with the casual atmosphere of recreational play. Teams must have at least two male and two female players and at least 6 players total; 2 substitutes optional. Please list all team member names when registering. TIMES SUBJECT TO CHANGE. Minimum: Two teams of 6, Maximum: Four teams of 6.

Facilitator: Julie Graeter

Location: Colchester Middle School, Gym

9/16-11/11 MON 7:30-9:30 p.m. \$180 Per Team

ADULT BASKETBALL

Ages 18+

Looking for some basketball play without the structure of a league? Play is recreational with a pick-up game format for individuals out of high school. Please bring a dark and light colored shirt each time. Sign-in and pay at the gym each night. TIMES ARE SUBJECT TO CHANGE. Maximum: 25.

Facilitator: Jim Park

Location: Colchester Middle School, Gym

9/5-12/19 TH 7:30-9:30 p.m. \$4 Per Night
(Skip: 10/17 & 11/28)

HATHA FLOW YOGA

#170007

Ages 18+

Hatha yoga incorporates restorative postures, longer holds, and guiding movement with the breath. This class will focus on developing strength, balance and flexibility. All levels welcome from beginner to expert! Bring a yoga mat and wear comfortable clothes that allow you to move easily.

Minimum: 6, Maximum: 12.

Instructor: Gabrielle Brooks

Location: Bayside Activity Center

A: 9/16-10/21 MON 5:30-6:30 p.m. \$56(R)/\$66(NR)

B: 10/28-12/9 MON 5:30-6:30 p.m. \$56(R)/\$66(NR)
(Skip: 11/25)

ADULTS

ADULTS

FOOT MASSAGE FOR SELF-CARE

Ages 18+

#170017A

Foot massage has many established benefits: pain relief for bunions, treatment for Plantar fasciitis, circulation for those with diabetes, and it just plain feels good! In this class, we will explore several methods for effective self-massage and self-care of the feet. We will discuss the underlying cause of some common foot issues and what you can easily do at home to both relieve stress and increase your general well-being. Techniques covered will be geared toward personal care, but can easily be applied toward giving a great foot massage to those you care for. Have fun and get informed! Wear a comfortable pair of shoes. Minimum: 6, Maximum: 12.

Instructor: Rebecca Robbins-Bushway,
Robin's Nest Massage

Location: Bayside Activity Center

10/5 SAT 2:00-3:30 p.m. \$44(R)/\$54(NR)

RUNITY FOR WOMEN

#130099A

Ages 30+

Runity is a training program designed to help you build up to distance running through total body fitness. You'll be taught specific exercises in a circuit training manner to open tight shoulders and hips, and condition the foot, hip, and core. You will learn to align, breathe, and find your tempo to help you "get FIT to RUN, instead of RUNNING to get FIT." If weather allows, we will trail run at the new Village Park loop (with notice sent prior). Bring water, running shoes, and dress for the weather. Minimum: 4, Maximum: 10.

Instructor: Mary Grunvald, PT

Location: Bayside Activity Center

9/10-10/22 TUES 6:00-6:45 p.m. \$72(R)/\$82(NR)
(Skip: 9/24)

TAI CHI - YANG 24

#161001A

Ages 55+

Yang 24 is the most popular Tai Chi form practiced today. Tai Chi carries many benefits: participants will enjoy improved strength, flexibility, and well-being while they practice a flowing series of graceful movements, bringing awareness of body and mind. Pre-registration is required. Maximum: 14.

Instructor: Viviane Levy, Age Well

Location: Bayside Activity Center

9/17-12/17 TUE/TH 1:15-2:00 p.m. FREE
(Skip: 10/1, 10/17, 11/26, 11/28)

AARP SMART DRIVER

#120022

Ages 55+

The AARP Smart Driver Course covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. During the course, participants learn about how to operate their vehicles more safely in today's increasingly challenging driving environment. Topics include: maintaining proper following distances, minimizing the effect of dangerous blind spots, limiting driver distractions, properly using all car features, the effects of medications on driving, and more. This course also reviews current national and VT traffic laws, and their impact upon older drivers. If you are an AARP member, please provide your membership number with your registration. Minimum: 5, Maximum: 20.

Instructor: Richard Smiles, AARP Volunteer

Location: Bayside Activity Center

A: 11/4 MON 12:00-4:30 p.m. \$15 (AARP Member)

B: 11/4 MON 12:00-4:30 p.m. \$20 (Non-AARP)



ACTIVE AGING

#160019A

Ages 55+

Are you 55+ and looking to improve or maintain your fitness level? Are you concerned about exercising safely due to health conditions like arthritis or chronic pain? If so, this low-impact class is for you! Taught by an experienced certified personal trainer and functional strength coach, you will learn how to move better, get stronger, improve your balance and coordination, and gain confidence in a comfortable no-pressure setting. This class series will offer a total body workout with progressions from week one to week six as strength, mobility and function progress. For more information please call The Rehab-GYM at 802-861-0111. Minimum: 4, Maximum: 10.

Instructor: Beth Potter, NSCA-CPT

Location: Bayside Activity Center

9/26-11/7 TH 11:00-12:00 p.m. \$55(R)/\$65(NR)
(Skip: 10/17)

ACTIVE GENERATION

YOGA FOR EVERY BODY

#170004

Ages 55+

This class will use chairs and props to help maximize balance and flexibility through yoga asanas. These exercises will also help to build body appreciation and awareness of all you can do. Perfect for those looking to promote good bone health and ease pain associated with arthritis and other chronic conditions through movement and stretching. Dress comfortably, bring a yoga mat, and come and enjoy. Minimum: 6, Maximum: 12.

Instructor: Betty Molnar

Location: Bayside Activity Center

A: 9/17-10/22 TUE 9:30-10:30 a.m. \$61(R)/\$71(NR)

B: 10/29-12/3 TUE 9:30-10:30 a.m. \$61(R)/\$71(NR)

HEALTHY COOKING FOR ONE OR TWO

#170016A

Ages 55+

Join Age Well Dietitian Brigitte Harton for a fun, interactive workshop on planning and preparing healthy meals for one or two. If you feel like cooking for yourself is too much work or you're tired of eating leftovers, then this class is for you! You will learn how to reduce your favorite family recipes, plan and prepare healthy meals, shop for one or two, and much more. Best of all, you'll take home ideas and recipes to get you started!

Minimum: 6, Maximum: 12.

Instructor: Brigitte Harton, Age Well Dietitian

Location: Bayside Activity Center

10/14 MON 2:00-3:00 p.m. FREE

MEDICARE MADE CLEAR

#150032

Age 55+

Confused by Medicare? We'll help you learn the basics. You're invited to a Medicare Made Clear™ educational seminar. Join us to learn all about your Medicare choices. We'll also share tools and resources to help you understand the coverage that may be right for you, including a free educational guide. Whether you're just getting started with Medicare or simply looking to learn more, we're here to help. Brought to you by UnitedHealthcare®. Caregivers of all ages welcomed. Maximum: 20.

Instructor: Susan More, Benefit Solutions LLC

Location: Bayside Activity Center

A: 9/27 FRI 1:00-3:00 p.m. FREE

B: 11/1 FRI 1:00-3:00 p.m. FREE

RETIREMENT READINESS SERIES

#170009

Ages 50+

If you or a loved one is approaching retirement age, be sure you have a plan to achieve what is most important to you! Join Financial Advisor Aaron Glosser for this four-week series covering different important topics related to retirement. This is an informational series only! Participants are not expected to bring any personal retirement info, nor commit to financial planning through Edward Jones; you'll have the option to schedule a personal consultation with Aaron outside of class if you so choose. Just come to listen and learn; take one class or sign up for all four. WEEK 1: "Retirement: Making Your Money Last" WEEK 2: "Social Security: Your Questions Answered" WEEK 3: "Standing Guard: Protect What You've Worked For" WEEK 4: "Health Care and Your Retirement" Minimum: 4, Maximum: 20.

Instructor: Aaron Glosser, Financial Advisor

Location: CHS, Room 101

A: 9/17-10/8 TUE 6:00-7:00 p.m. \$15(R)/\$25(NR) all

A1: 9/17 TUE 6:00-7:00 p.m. \$5(R)/\$7(NR) week 1

A2: 9/24 TUE 6:00-7:00 p.m. \$5(R)/\$7(NR) week 2

A3: 10/1 TUE 6:00-7:00 p.m. \$5(R)/\$7(NR) week 3

A4: 10/8 TUE 6:00-7:00 p.m. \$5(R)/\$7(NR) week 4

UNITED WAY BONE BUILDERS #161003A

Ages 50+

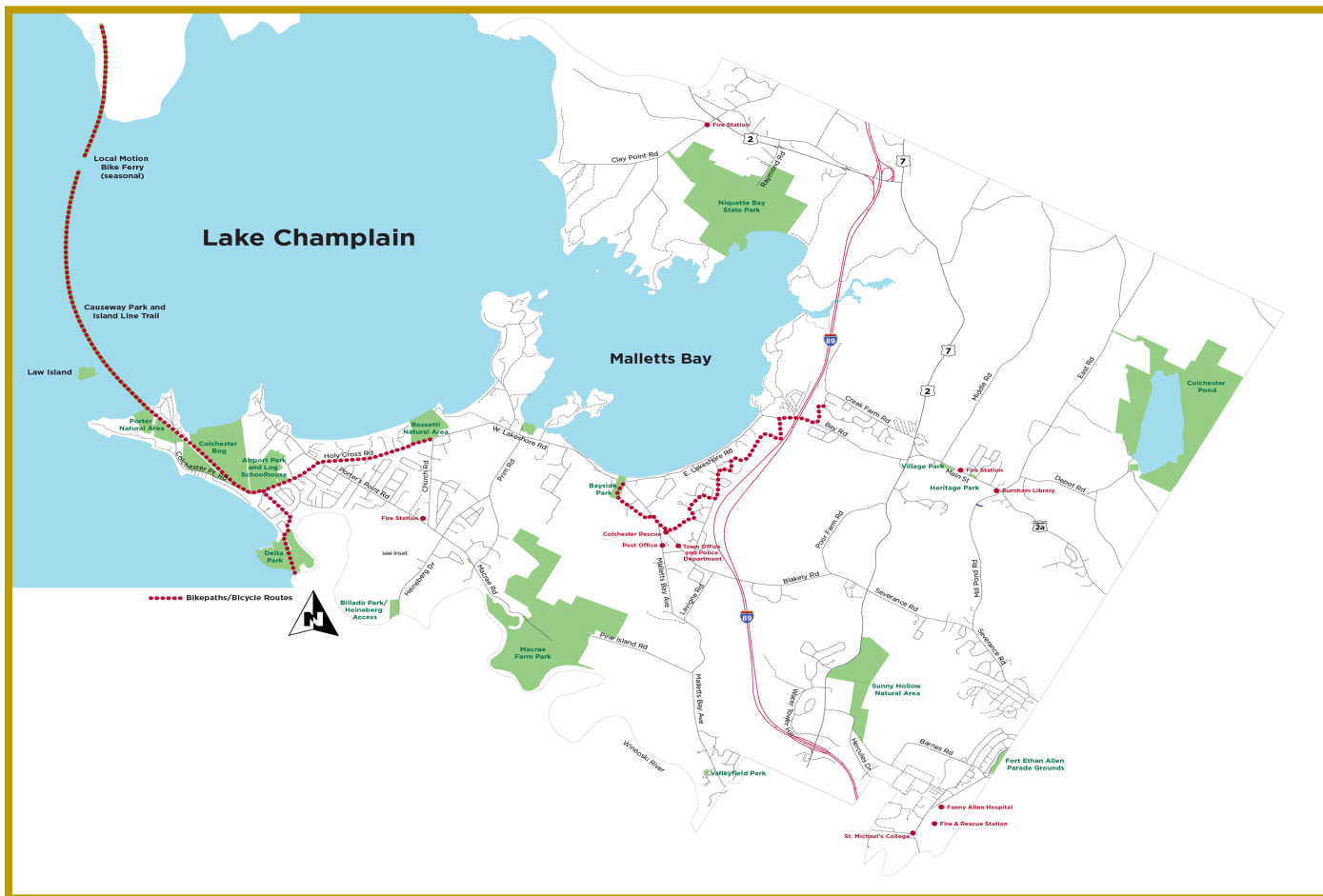
Osteoporosis is often referred to as a 'silent disease' because the first sign is often a bone fracture. The United Way of Northwest Vermont has developed the Bone Builders program based on research conducted by Tufts University and published in the Journal of American Medical Association that shows strength training just twice per week can dramatically reduce the risk of fractures due to osteoporosis in adults 50 and over. The goal of Bone Builders is to help older adults age successfully through exercising on a regular basis, staying connected to others, and decreasing the risks of osteoporosis, including falls and fractures. Weight training, balance exercises, and nutritional education will all be covered. Come prepared to exercise in clothes that fit comfortably, sturdy shoes, and a water bottle. PRE-REGISTRATION IS REQUIRED. Minimum: 4, Maximum: 14.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

9/23-12/6 MON&FRI 8:00-9:00 a.m. FREE
(Skip: 10/11, 11/29)

COLCHESTER PARKS



AIRPORT PARK: 500 Colchester Pt. Road, 64.5-acres. 1.3 mile jogging/x-country ski trail, parking, restrooms, picnic area, pavilion, playground, 4 ball fields, 2 soccer fields, 2 sand volleyball courts, 6 horseshoe pits, 2 tennis courts, 1 basketball court, and lighted ice skating in the winter.

BAYSIDE PARK: 2 West Lakeshore Drive, 22-acres including parking, restrooms, bathhouse (beachside), picnic area, pavilion, playground, swimming beach, Bayside Activity Center, 2 shuffle board courts, 4 tennis courts, 1 basketball court, 2 sand volleyball courts, 1 football/lacrosse field, 1 lighted softball field, and a skatepark.

BONANZA PARK: Bonanza Drive, .6-acre neighborhood park with limited playground and all-purpose field.

CAUSEWAY PARK & RECREATION PATH: Mills Point Road, 4-mile path connects to original Rutland Railroad bed and causeway across the lake (constructed during 1897-1900). Renovated gravel path suitable for walking, biking, and fishing access. Duck hunting allowed (in season). Park at Airport Park or in the Mills Point Road lot.

FORT ETHAN ALLEN PARADE GROUNDS: Dalton Drive, 19-acres, owned mutually with the Town of Essex. NEW Playground, tennis courts, 2 soccer fields, cricket, rugby, gazebo, walking trail.

HEINEBERG ACCESS/BILLADO PARK: Heineberg Drive, 4-acres, Town and State access to Winooski River

HERITAGE PARK: Heritage Drive, 1-acre, parking, playground, tennis court, basketball court.

LAW ISLAND: West of Causeway off Colchester Point, 8.5-acres owned by the State of VT and managed by the Town of Colchester. Camping permitted, duck hunting allowed (in season), compost bathroom available.

PORTER NATURAL AREA: Mills Point Rd. 56-acre natural area.

ROSSETTI NATURAL AREA: Holy Cross Road, 47-acres of natural area conserving wetland, woods and sand beach.

SUNNY HOLLOW NATURAL AREA: Hercules Drive, 80-acre diverse area, 3 miles of walking, mountain biking and x-country trails, limited parking.

VALLEYFIELD PARK: Valleyfield Drive, .65-acre neighborhood park with limited playground and all-purpose field.

VILLAGE PARK: Behind Colchester Water District Building, Main Street. 66-acres, primitive park with a trail network that is just under a mile.

2019 REGISTRATION FORM

One form can be used
for all family members
that live in the same
household.

Participant's Last Name: _____ First Name: _____

Parent's Last Name (if participant under 18): _____ First Name: _____

Mailing Address: _____ City/State/Zip: _____

E-Mail: _____ Would you like to receive the monthly E-Newsletter? YES NO

Home Phone: _____ Business Phone: _____ Cell Phone: _____

Emergency Contact (other than parent): _____ Relationship: _____ Telephone: _____

Please list any special needs which will require accommodation for participation: _____

Please list any allergies (food, insect, plant, or medications): _____

PARTICIPANT NAME	GENDER	DOB M/D/Y	REGISTRATION NUMBER	SECTION LETTER	PROGRAM NAME	CLASS FEE
Total Amount Due:						\$

PAYMENT METHOD (CHECK ONE):

☐ Check (payable to Colchester Parks & Recreation) ☐ Cash ☐ Credit Card (Only Visa and Mastercard Accepted)

☐ Check here if you would like a receipt sent to you Credit Card #: _____ Exp: _____

Registrations can be made as soon as you receive this brochure. Participants may continue to register for programs until they are full. We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics. Classes that do not have the minimum number of registrations may be cancelled. Registrants will be notified by mail or phone and will receive a full refund. Refunds will not be given once a class begins, and are available up to 10 business days prior to the start of the program. A \$6.00 administrative fee will be charged when a refund is requested. By participating in the Town of Colchester Recreation programs, participants may be photographed for future publicity or recognition of events. By signing up for the programs you willingly signed a waiver that grants the Colchester Recreation Department permission to use your photograph to promote their programs. Pictures taken in specific programs may be used for up to 10 years. Non residents may register for any program offered, on a space available basis, beginning two weeks after release of brochure.

Town of Colchester Release and Indemnity Agreement

Whereas, the undersigned has requested the use of services, equipment, or facilities belonging to or under the auspices of the Town of Colchester, Vermont, and to engage in activities for the executive benefit of the undersigned: and Whereas, the Town of Colchester does not wish to be liable for any damages arising from personal injury or property damage sustained thereby:

Now therefore, in consideration of the mutual promises and other good and valuable consideration, the undersigned does hereby for themselves, their heirs, executor, employers, successors or administrators, and personal representatives;

A. Assume full responsibility for any personal injury or any damage to his/her personal property which may occur directly or indirectly in the course of participating in rec. activities B. Fully and forever release and discharge the Town of Colchester, its agents, officials, and employees, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known, an anticipated or unanticipated, resulting from or arising out of the above described activity. C. Agree that it is the intent of the undersigned that this release and indemnity agreement shall be in full force & effect any time after the execution hereof.

Name of Participant: _____

Signature (of parent or guardian under 18): _____

Date of Signature: _____



COLCHESTER PARKS & RECREATION DEPARTMENT
781 BLAKELY ROAD
COLCHESTER, VT 05446

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Looking to Volunteer?

Become a volunteer through Colchester Parks & Recreation

As the Colchester Parks & Recreation Department offers a variety of events annually, the department relies heavily upon specific volunteer “sub groups” to assist in the planning and operations of such events. These sub groups have proven their worth as popular events such as the Colchester Winter Carnival going into its 37th year, the Colchester Triathlon going into its 36th year and Causeway Race is going into its 8th year, and is the result of a lot of hard work and volunteer commitment towards the building of community. Special Events not your thing? We have coaching opportunities, working with the active generation, and so many more volunteer opportunities through Colchester Parks & Recreation. Come in and fill out a volunteer application!



FOUR SIMPLE WAYS TO REGISTER...

<p>► Online Log onto colchestervt.gov/Recreation and register for classes! Visa or MasterCard and family sign in/password will be needed</p>	<p>► Fax in (802)264-5647 Complete the registration form including your credit card num- ber and expiration date on the form. Incomplete forms will not be processed</p>	<p>► Mail in Completed registration form with payment to: Colchester Parks & Recreation 781 Blakely Road Colchester, VT 05446</p>	<p>► Drop by the office Monday - Friday 7:30 a.m. - 4:30 p.m. 781 Blakely Road Second Floor</p>
<p>Register Early! Don't run the risk of having your favorite program fill or be cancelled due to low enrollment!</p>		<p>Resident registration begins as soon as you receive this brochure!</p>	